

Infrared Sauna

The Armstrong Clinic Naturopathic Doctors are pleased to announce the addition of an infrared Sauna to our list of services offered at the clinic. Using the most up-to-date infrared technology panels for even heat distribution, the sauna is large enough for two people to enjoy a relaxing sauna treatment as part of their health maintenance plan. The sauna is constructed of locally sourced and milled poplar wood, which is the most hypoallergenic, and offers the best surface for hygienic cleaning as well. Dr. Sean Armstrong has spent many hours planning and constructing the actual sauna, which you will find in our clinic with access to a shower to rinse off afterwards.

Join the Sauna Club and bring a buddy! The Sauna Club allows you to have reserved access to the sauna. By reserving your one-hour time with our office reception, you are ensuring that a regular schedule of sauna detoxification is a part of your lifestyle. As the sauna holds two people, we encourage you to bring a friend at no extra charge.

How Infrared Saunas Work

An infrared sauna uses emissions of light in the infrared wavelength to create a heat source that goes beyond the surface of the skin to the lymphatic tissue and organs beneath. The effect is to warm the body's core temperature level to create a sweating response. Sweating is our body's natural response to external and internal heat. For example, a hot humid day is an external source of heat, while prolonged aerobic exercise or a fever is an internal heat source generated by the muscles of the body itself. More information about healthy fevers is available from the winter newsletter.

As you sit in the sauna, the infrared wavelengths emitted meet the skin surface and heat up the skin and underlying tissues to a depth of 3.5-4 inches. This creates an increase in lymphatic drainage via sweating, as the majority of the lymphatic system is located underneath the skin's surface.

As you begin to sweat, the lymphatic system eliminates any toxins via the skin pores, greatly enhancing the circulation of lymphatic fluid and furthering the toxin elimination. It is important to sweat in this type of sauna in order to facilitate toxin elimination via the skin.

Sauna Club Details

Before your first Sauna, please book a short 15 minute visit for the sauna screening examination.

For the price of \$180 you may pre-book 30 days of unlimited sauna use.

Individual sessions are one hour in duration and cost \$20.

Bring a large bottle of water, two bath towels and shower items (shower sandals, soap, or any other toiletries, etc).